Monday, August 11, 2014

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Karen Johnston & Allan Clark Beaverton June 2 8

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IT TAKES A LONG TIME TO TAME A TIGER

BAUTISTA'S WALK-OFF SINGLE SEALS THE DEAL OVER DETROIT IN THE JAYS' LONGEST GAME EVER PAGE 20

Experts debate ethics of Ebola treatments

Panel to discuss implications of using untested drugs on humans PAGE 8

Wait, did you say 40?

Yes, there are 40 mayoral debates left before the election. Luckily, Matt Elliott has a solution to keep things lively — and productive PAGE 12

When zebras and donkeys get friendly...

You get a zonkey. A Crimean zoo's new addition is zabsolutely zadorable PAGE 12

NEWS WORTH SHARING.

TITAN TOPPLED, VETERAN VANQUISHED

France's Jo-Wilfried Tsonga, left, celebrates after beating Switzerland's Roger Federer to win the Men's Rogers Cup singles final in Toronto on Sunday, while Agnieszka Radwanska, right, of Poland kisses the winner's trophy after beating Venus Williams of the United States in the final at the Women's Rogers Cup singles final Sunday in Montreal. See stories, page 20.

LEFT: CHRIS YOUNG/THE CANADIAN PRESS; RIGHT: PAUL CHIASSON/THE CANADIAN PRESS

A memorial that can't be erased

Barbara Hall Park. Councillor promises permanent memorial after city staff washes away chalk tribute for transgender people

Chalk has never been so resilient.

Before the ribbon was even cut, the newly renamed Barbara Hall Park near Church and Wellesley streets was the centre of controversy last month, when city staff washed away a chalk memorial to fallen members of the trans community.

"I was furious," said 30-year-old Toronto trans activist Christin Milloy. "The city came along and literally erased the deaths of trans people."

But hours later, chalk in hand, the community flooded back to the empty brick wall and recreated the colourful mural. Lit from above by rainbow lights, the memorial — still going strong more than three weeks later — features a large white transgender symbol surrounded by the names of friends murdered or lost to suicide.

This time, there are new words scrawled at the bottom in bold capital letters: "YOU WILL NOT ERASE US."

Now the community has been promised a permanent memorial by Coun. Kristyn Wong-Tam, Milloy adds.

The erasure was an honest mistake by city staff just doing their job, says Wong-Tam, who apologized to members of the community at the unveiling of the park's new name on July 16.

"I don't think that there would have been a rush to remove it had the city staff recognized what it was," says Wong-Tam. "I would say that there would be a large number of LGBT community members — minus the T — who probably would not recognize the trans symbol if they saw it."

City staff washed the memorial away in cleaning preparations for the ceremony announcing the park's unveiling as Barbara Hall Park, renamed from Cawthra Square Park in honour of the former mayor and current Ontario human rights commissioner.

Hall, who was moved to recognize a name on the grassroots memorial herself, says the incident was "a really unfortunate blip in what recently has been a very positive pathway of empowerment and growing awareness of (trans) issues," citing the recent work by the rights commission to include "gender identity" and "gender expression" as grounds for discrimination.

As a city councillor, Wong-Tam says she can't "encourage people to write on public assets," but a chalk memorial — weather permitting — will do until a more permanent fixture is decided on.

TORSTAR NEWS SERVICE

The memorial in the newly named Barbara Hall Park.

VINCE TALOTTA/TORSTAR NEWS SERVICE

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Victims' families file lawsuits

2012 Eaton Centre shooting. New actions target Christopher Husbands and those who allegedly failed to stop the shooting

Criminally charged gunman Christopher Husbands had a history of breaching bail conditions and should not have been out on bail when he allegedly went on a deadly rampage at the Eaton Centre in June 2012, according to three multi-million-dollar lawsuits filed by the families of the two men killed.

In addition to suing Husbands, the lawsuits target those who allegedly failed to stop the shooting from happening.

The statements of claim filed earlier this year assert Husbands, his sureties, the Toronto and Hamilton Police Services Boards, Cadillac Fairview Corporation (owner and operator of the Eaton Centre) and the province all contributed to the deaths of Nixon Nirmalendran, 22, and Ahmed Hassan, 24.

All of the allegations contained in three statements of claim have not been proven in court. Both police services boards and Cadillac Fairview have filed "notices of intent to defend," according to the court documents obtained by Torstar News Service. The province will seek to strike the statements of claim in a hearing in December, according to Brendan Crawley, spokesman for the Ministry of the Attorney General.

Lawsuits

Hassan's father and two sisters and Nirmalendran's parents and younger brother are suing for $750,000 each. Nirmalendran's common-law spouse and son are suing for $2.5 million each.

Husbands is set to stand trial in the fall on two counts of first-degree murder and five counts of aggravated assault.

He "repeatedly and intentionally discharged a handgun, viciously killing" Nirmalendran and Hassan, the lawsuits allege.

The shooting came months after Husbands was the victim of an assault "by persons unknown," though Husbands believed Nirmalendran and Hassan were among the perpetrators, the lawsuit states.

In March 2010, Husbands was charged with gun-related offences and breaching bail conditions in Hamilton and released on bail, the lawsuits state. The lawsuits allege that the Hamilton charges and Husbands' history of breaching bail conditions were not taken into account when Husbands was granted bail again, eight months later, after being arrested on a sexual assault charge in Toronto.

The province is responsible for the bail system. Police services boards in Hamilton and Toronto are responsible for providing police services — including monitoring those on bail, the lawsuits claim.

It was also alleged that Husbands' two sureties, who each posted $2,000 and pledged to ensure he remained on house arrest, as per his bail conditions, were "incompetent."

Cadillac Fairview, the Hamilton Police Services Board, the Toronto Police Services Board and the Ministry of the Attorney General declined to comment on the allegations against them. The two sureties, whose identities are protected by a publication ban, could not be reached for comment. Husbands did not return a request for comment through his criminal lawyers. TORSTAR NEWS SERVICE

Enbridge pipeline

Pipeline protesters arrested: Police

The Ontario Provincial Police say they've arrested some protesters at an Enbridge pipeline.

Two protesters have attached themselves to concrete blocks on the Line 9 pipeline near Woodstock in an effort to stop construction work.

The protest group Dam Line 9 Blockade says three protesters who were providing support have been arrested by police, but the two protesters trying to stop construction have not been moved as yet.

Police did not immediately provide any details of the arrests. A spokesman for the protest group, Dan Kellar, said protesters have come from all over southern Ontario, and have been blockading the pipeline for six days. THE CANADIAN PRESS

Jerk Festival spices up Centennial Park

Richard Wellington of Sunrise Sensation holds up some jerk chicken at Jerk Festival 2014 at Centennial Park in Toronto on Sunday. VINCE TALOTTA/TORSTAR NEWS SERVICE

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Pro-Israeli protesters, left, face off against pro-Palestinian protesters on Bloor Street West in front of the Israeli consulate on Sunday in Toronto.
MARCO CHOWN OVED/TORSTAR NEWS SERVICE

Pro-Palestinians, JDL trade barbs over Bloor

Opposite sides. Rival protests meet in front of Israeli consulate in Toronto

Separated by metal barriers and lines of police, hundreds of protesters gathered on opposite sides of Bloor Street West on Sunday, hurling pro-Israel and pro-Palestine chants across the road at each other.

Brandishing Canadian flags and placards calling to free Gaza from Hamas, the pro-Israeli contingent stood on the north side, in front of the Israeli consulate, and played Bob Marley over the loudspeakers.

"That's a pro-Hamas rally and we're countering it," said Meir Weinstein, director of the Jewish Defence League of Canada (JDL). "The goal here is to stand up against support for terrorist groups."

On the south side, in front of the Royal Ontario Museum, the pro-Palestinian contingent waved "end the siege" placards and Israeli flags with the word terrorist spray-painted across the Star of David.

"The pro-Palestinian protest for human rights and equality has been huge," said Hammam Farah, spokesman for the coalition that organized the rally. "It's not only in Canada but across the world."

"If our politicians won't hold Israel accountable for its war crimes and its occupation, it falls upon us, ordinary citizens to come out to the streets and to demand that Israel ... no longer commits massacres and denies basic human rights with impunity," he said.

TORSTAR NEWS SERVICE.

FOR COVERAGE ON THE CONFLICT, GO TO PAGE 6.

Latest ceasefire

Israel and Palestine declared a fresh three-day ceasefire Sunday, which began at 4 p.m. Toronto time. Neither side acknowledged the development during the rally.

- Rocket fire and airstrikes had resumed over the weekend after the last ceasefire expired on Friday.
- Heavy fighting over the last month has killed more than 1,900 Palestinians, as well as 67 people on the Israeli side, according to the Associated Press.
- The United Nations reported last week that 72 per cent of Palestinian dead were civilians, while the New York Times reported that Israeli deaths were overwhelmingly soldiers.

Serious injuries

Man stabbed during Taste of the Danforth

A man was stabbed several times at the Taste of the Danforth early Sunday morning about an hour after the festivities wrapped up, according to Toronto Police.

A large area near Danforth and Carlaw avenues was taped off for several hours as police from 55 division and forensic investigators investigated the scene.

Paramedics said they transported a man with serious injuries to hospital around 1 a.m.

TORSTAR NEWS SERVICE

Looking ahead

Ontario Tories to choose new leader next spring

Ontario's troubled Progressive Conservatives will choose a new leader next spring, but no specific date has been set.

The party executive decided Saturday to hold the contest sometime between April 1 and May 31, 2015, which several potential candidates say was the preference of many rank-and-file members. The Conservative constitution requires a leadership contest to be held within 18 months of the last election. THE CANADIAN PRESS

In hospital. Brampton patient tests negative for oft-fatal Ebola virus

A patient who was placed in the isolation unit of a Brampton hospital has tested negative for the often fatal Ebola virus.

Ontario Health Minister Eric Hoskins broke the news in a statement he issued this morning.

"I can now confirm a recent case that underwent testing at the National Microbiology Laboratory in Winnipeg was found to test negative for Ebola virus disease," he said in a release.

The person was admitted to Brampton Civic Hospital with flu-like symptoms after returning from Nigeria, one of the West African nations currently battling an Ebola outbreak that has killed nearly 1,000 people.

Hoskins says in the release that he is glad to hear the patient is doing well, and wishes him a speedy recovery.

Initial symptoms of Ebola are similar to several more common diseases, such as the flu, and health care providers have been advised to be on heightened alert for Ebola cases.

The director of infection control at Mount Sinai Hospital in Toronto says it's probably not the last time a patient in Canada will undergo a similar kind of precautionary testing.

"We will see occasional people who come from West Africa and have other illnesses and need to be managed safely while we make diagnoses," Allison McGeer says. "There's not a huge amount of traffic between West Africa and most places in Canada, but there is traffic. And people get influenza all the time."

Transmission of Ebola from person to person happens largely through direct contact with blood and body fluids.

There is no cure for the virus, which kills more than half of its victims.

THE CANADIAN PRESS

Quoted

"Ontarians should know that we are fully prepared should any cases appear in the province. This situation was the result of all our protocols working effectively."

Ontario Health Minister Eric Hoskins

Marching in solidarity

Katrineh Ishak holds granddaughter Loredana Khosho, 4, during a silent march in Toronto on Sunday organized by the Eastern-rite churches in Canada in solidarity with the Iraqi-Christians of Mosul, Iraq. The march to Queen's Park was in protest of the persecution of Christians in Iraq. For Iraq coverage, see page 6.

MARTA IWANEK/TORSTAR NEWS SERVICE

Motley Crue rock Toronto

Motley Crue's Vince Neil bellows at the Molson Canadian Ampitheatre in Toronto Sunday night. The glam-metal rockers are on their so-called Final Tour. TOM PANDI/FOR METRO

Café shows how to fix it, not trash it

Repair café. Duo behind project want to change society's attitude from throwaway to fix-it

The Toronto Reference Library hosted a repair café this weekend. Instead of throwing things away as soon as they're broken, people were encouraged to bring them to the café, where they could have everything from old shoes to iPads fixed by volunteers.

Organizers Paul Magder and Wai Chu Cheng have been holding such events in Toronto for more than a year.

Where did the idea come from?

A woman in Holland, maybe four or five years ago, was getting fed up with all the garbage that was piling up everywhere and all the broken things. So she came up with this idea and now it has spread all over the world.

How does it work exactly?

It's a learning approach. You don't just drop your stuff off. You have to sit with the person fixing it and you can either do the whole thing yourself or assist with our repair, or just observe it.

What kind of things can people have fixed?

The volunteers are called fixers. They have skills in different areas. We have people that can fix electronics, computers, iPads, tablets and phones. We have people that can fix appliances, small appliances like lamps and toasters, and sometimes even umbrellas, things around the house. And then we have sewers and jewelry people who repair jewelry. In the summer we have a bike repair person and we also have a bookbinder.

What's the purpose of the café?

There are many. The first one is the obvious one: To prevent things from going into the garbage. We want people to change their attitude from a throwaway society to a fix-it society.

The next big thing is to show people that they can actually repair things themselves. Most of the people are volunteers. They don't fix things for a living. This is something that they just enjoy doing and they like to demonstrate to other people that they can do it as well.

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Iraqi PM to file legal complaint against new president as U.S. continues airstrikes

Kurdish fighters reinvigorated. The Kurds have pushed Sunni militants out of two villages in Iraq

Iraq's embattled Prime Minister Nouri al-Maliki, in a surprise speech late Sunday, accused the country's new president, Fouad Massoum, of violating the constitution and plunging the government into a political crisis at a time it is battling advances by Islamic State militants.

Al-Maliki, whose Shiite-dominated bloc won the most seats in April elections, accused Massoum of neglecting to name a prime minister from the country's largest parliamentary faction by Sunday's deadline. He said the president has violated the constitution "for the sake of political goals."

The political infighting could hamper efforts to stem advances by Sunni militants who have seized a large swath of northern and western Iraq in recent weeks.

President Barack Obama warned Americans on Saturday that the new campaign to bring security to Iraq requires military and political changes. Obama said Iraq needs a prime minister — an indication that suggests he's written off the legitimacy of the incumbent, al-Maliki.

Reinvigorated by American airstrikes, Kurdish forces retook two towns from Sunni militants Sunday, achieving one of their first victories after weeks of retreating, a senior Kurdish military official said.

Kurdish peshmerga fighters were able to push the militants of the Islamic State group out of the villages of Makhmour and al-Gweir, some 45 kilometres from Irbil, Brig. Gen. Shirko Fatih said.

The United States launched a fourth round of airstrikes Sunday against militant vehicles and mortars firing on Irbil as part of efforts to blunt the militants' advance and protect American personnel near the Kurdish capital.

U.S. warplanes and drones have also attacked militants firing on minority Yazidis around Sinjar, which is in the far west of the country near the Syrian border.

In the Kurdish capital on Sunday, the president of the semi-autonomous Kurdish Regional Government, Massoud Barzani, said American military support has been effective thus far, but, he added, peshmerga soldiers require more firepower to defeat the militants.

"What we are asking our friends is to provide us support and to co-operate with us in providing us with heavy weapons that we are able to fight this terrorist group," Barzani said.

British officials estimated Saturday that 50,000 to 150,000 people could be trapped on Sinjar Mountain, where they fled to escape the Islamic extremists, only to become stranded there with few supplies.

THE ASSOCIATED PRESS

Thousands trapped

The Yazidis are a minority group who say the militants have said convert to Islam or die. Trapped on Sinjar Mountain, they are followers of an ancient religion linked to Zoroastrianism.

Perigee moon shines bright Sunday night

A girl plays with a dog as a perigee moon, also known as a supermoon, rises in Madrid on Sunday. The phenomenon, which scientists call a "perigee moon," occurs when the full moon is near the horizon and appears larger and brighter than other full moons. ANDRES KUDACKI/THE ASSOCIATED PRESS

St. Louis

Teenager shot in clash with police

An unarmed black teenager was shot and killed by police in suburban St. Louis after an altercation that involved two people and an officer, authorities said Sunday while hundreds of protesters demanded justice outside.

Police have not disclosed the name of the man who was killed, but family members identified him as 18-year-old Michael Brown.

Ferguson Police Chief Thomas Jackson said the man who was shot was unarmed. Jackson said police are in contact with the second person involved in the altercation, but that the person has not been arrested or charged.

THE ASSOCIATED PRESS

Tehran

39 killed in Iranian plane crash

A locally built Iranian passenger plane crashed after takeoff in Tehran on Sunday, killing 39 people and reviving questions about the safety of a cash-strapped aviation sector left hobbled by international sanctions.

President Hassan Rouhani offered his condolences to victims' families and ordered an investigation into the crash.

Similar planes operated by Iranian carriers will be grounded until the probe is complete, he directed.

The plane was based on an obscure Ukrainian design that has been involved in previous Iranian air disasters. THE ASSOCIATED PRESS

Gaza conflict. Israel, Hamas accept Egypt's new three-day ceasefire proposal

Israel and the Hamas militant group accepted an Egyptian ceasefire proposal Sunday that would last 72 hours, clearing the way for the resumption of talks on a long-term truce to end a month of heavy fighting in the Gaza Strip that has taken nearly 2,000 lives.

The announcement marked the second time in less than a week that the bitter enemies had agreed to Egyptian mediation. A similar three-day truce last week collapsed in renewed violence over the weekend.

The truce took effect at midnight. In Cairo, the Egyptian Foreign Ministry said the ceasefire would allow humanitarian aid into battered Gaza neighbourhoods and the reopening of indirect talks on a more lasting and comprehensive deal.

Hamas is seeking an end to the Israeli-Egyptian blockade against Gaza, while Israel wants Hamas to dismantle its formidable arsenal of rockets and other weapons.

Palestinian negotiators accepted the proposal early Sunday after meeting with Egyptian officials throughout the weekend. Israeli officials concurred later. THE ASSOCIATED PRESS

Restricted from playing outside, displaced Palestinian children play indoors in Gaza City on Sunday.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Turkey. PM Erdogan wins first direct presidential election with 52% of vote

Current Prime Minister Recep Tayyip Erdogan won Turkey's first direct presidential election Sunday, striking a conciliatory tone toward critics who fear he is bent on a power grab as he embarks on another five years at the country's helm.

"Today, the national will won once again. Today, democracy won once again," Erdogan said in a victory speech delivered from the balcony of his Justice and Development Party headquarters in Ankara.

"Those who didn't vote for me won as much as those who did; those who don't like me won as much as those who do."

With 99 per cent of ballot boxes counted, Erdogan had 51.95 per cent of the vote, according to figures from the state-run Anadolu news agency, which had reporters at ballot counting stations across the country.

THE ASSOCIATED PRESS

Canada's Prince of Pot returns

Marc Emery, Canada's Prince of Pot, is expecting to be a free man come Tuesday.

The marijuana activist has finished serving a four-year jail term in the U.S. for selling seeds online.

He's been informed he'll be released from a privately-run Louisiana detention centre — where he was being processed for deportation — and then placed on the next flight to Detroit. From there, he'll be walked across the border to Windsor, Ont., likely on Tuesday, according to his wife, Jodie Emery.

"He's been taking it day by day," she said, about his preparations for the release.

Marc Emery plans to make a statement and conduct media interviews once he returns to Canada as a free man, before settling down for a picnic with family, friends and supporters.

He plans to make a stopover in Toronto to visit more family and make himself available to media before returning home with his wife to Vancouver.

A rally is being planned for him at Victory Square, across the street from his famous Cannabis Culture headquarters and seed shop.

Jodie Emery — who is seeking a nomination to run federally for the Liberal party — told Metro she is flying to Windsor on Monday morning and will be waiting for Marc on Tuesday at the city hall plaza near the border.

Marc Emery has indicated he will resume his political activities upon his return.

MATT KIELTYKA/METRO

Guy Parent, Veterans Ombudsman, says Canadian peacekeepers have one of the most difficult jobs.

DENIS ARMSTRONG/METRO IN OTTAWA

Peacekeepers recognized on National Day of Honour

Peacekeeping missions. More than 125,000 Canadians have served in the past 60 years — more than from any other nation

For a Canadian soldier, the only thing more potentially dangerous than fighting on the front line is trying to keep the peace during an international conflict.

No one would argue that being in the line of fire is dangerous work, but when your job is to prevent two warring factions from fighting, as the Canadian military have been doing for 25 years, peacekeepers often find themselves in the line of fire both from the front and the back. Making matters worse, they're often not allowed to fire back.

It's a whole new level of bravery that was acknowledged Sunday as hundreds of friends and family members honoured Canadian peacekeepers from the last 25 years as they marched from the War Memorial to the Peacekeeping Monument on Sussex Drive to mark Aug. 9 as National Peacekeepers' Day.

"Sometimes, it's like fighting with both hands tied behind your back," said Guy Parent, the national Veterans Ombudsman who represents more than 750,000 Canadian veterans.

"Because of the rules of engagement in Bosnia and Rwanda, we see a lot of Post-Traumatic Stress Disorder (PTSD) because the soldiers couldn't defend civilians from atrocities. The operational stress to peacekeeping can be severe. Consequently, there was a lot of guilt and psychological issues from those experiences."

Parent, who was a member of Canada's peacekeeping forces in the Sinai desert between Egypt and Israel from 1999 to 2001, said despite the dangers, Canadians are amongst the best peacekeepers in the world.

"Canadians are good peacekeepers because it's in our nature," said Parent. "We're happy people who are willing to help others. No wonder we're accepted around the world."

DENIS ARMSTRONG/METRO IN OTTAWA

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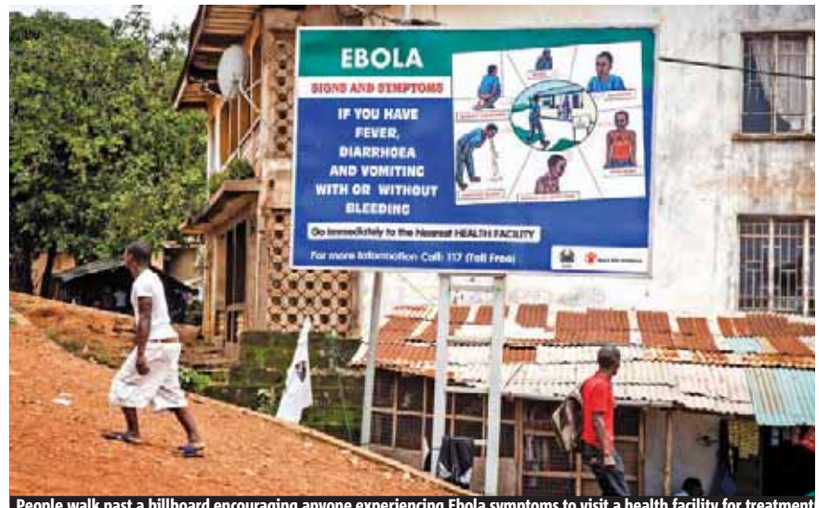
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People walk past a billboard encouraging anyone experiencing Ebola symptoms to visit a health facility for treatment in Freetown, Sierra Leone, on Aug. 7, 2014. MICHAEL DUFF/THE CANADIAN PRESS

Panel mulls ethics of Ebola treatment

West Africa. Disease experts are set to debate the ramifications of using unproven Ebola therapies on humans.

Experts from around the world will converge Monday by telephone to try to chart a path through a minefield of ethical issues related to the expanding Ebola outbreak in West Africa.

The experts — ethicists and representatives of the affected countries and other players involved in the outbreak — are meeting at the request of the World Health Organization to debate the ethics of using experimental Ebola therapies in this epidemic. Most treatment options, such as the one given recently to two American aid workers, have never been tested in humans.

"You have experimental products which have never even been used in humans, in healthy volunteers. And in addition, there is very, very little of it. So what do you do?" asked Dr. Marie-Paule Kieny, WHO assistant director of general health and innovation.

"Of course it should be used, but for whom and how? I think you could make a case that if they are to be used, they should be used also in a condition where it is possible to learn as much as possible from their use."

THE CANADIAN PRESS

Ethical debate

> **"Of course it should be used, but for whom and how?"**
>
> **Dr. Marie-Paule Kieny, WHO assistant director for general health systems and innovation,** on how experimental Ebola treatments should be conducted.

Ebola

Aid workers under quarantine

Missionaries returning to the United States after working with patients infected with Ebola will be put in quarantine and monitored, health officials said Sunday.

The quarantine will last at least three weeks since the missionaries were last exposed to people infected with the Ebola virus, the North Carolina Department of Health and Human Services said.

The missionaries work with U.S.-based SIM USA, located in Charlotte, N.C., and at present have shown no signs of having Ebola.

THE ASSOCIATED PRESS

Boston. Tracking software flags Ebola case nine days before WHO announcement

The Ebola outbreak in West Africa is focusing a spotlight on an online tool run by experts in Boston that flagged a "mystery hemorrhagic fever" in forested areas of southeastern Guinea nine days before the World Health Organization formally announced the epidemic.

HealthMap uses algorithms to scour tens of thousands of social media sites, local news, government websites, infectious-disease physicians' social networks and other sources to detect and track disease outbreaks. Sophisticated software filters irrelevant data, classifies the relevant information, identifies diseases and maps their locations.

"It shows some of these informal sources are helping paint a picture of what's happening that's useful to these public health agencies," HealthMap co-founder John Brownstein said.

Developed in 2006, HealthMap is operated by a group of 45 researchers, epidemiologists and software developers at Boston Children's Hospital.

The current Ebola outbreak is the longest and largest on record, having killed more than 950. THE ASSOCIATED PRESS

Concert in Crimea

U.S. actor Seagal performs with flag of separatists

American actor Steven Seagal performed at a concert in the breakaway region of Crimea on a stage decorated with the flag of pro-Russia separatists fighting in eastern Ukraine, the Russian news agency RIA Novosti says.

Seagal, who knows Russian President Vladimir Putin, performed Saturday night in the Black Sea port city of Sevastopol at a concert organized by a motorcycle gang of Russian nationalists known as the Night Wolves.

THE ASSOCIATED PRESS

Medical marijuana

Smoking pot cost him his job: Worker

A former TD Bank employee in Ottawa alleges he was fired for using medical marijuana while on the job and he's taken his complaint to the Canadian Human Rights Commission.

David-George Oldham says he's been a licensed medical marijuana user since Dec. 31, 2013, and began smoking pot at work to alleviate his symptoms. He says his human resources managers demanded to see proof of his medical marijuana license, which he declined to show them.

TD Corporate and Public Affairs Manager Meghan Thomas wouldn't discuss details of Oldham's complaint, only saying that there was "more to the story." TREVOR GREENWAY/METRO IN OTTAWA

Halifax airport

Woman hops fence, runs onto airfield

No charges are expected after a 37-year-old woman scaled a three-metre high barbed wire fence around the Halifax Stanfield International Airport and ran onto the airfield Sunday morning, say RCMP.

RCMP spokesman Sgt. Alain LeBlanc said the 37-year-old woman believed her partner was on an aircraft and was trying to stop it from taking off. RCMP learned her partner was not on any plane Sunday, LeBlanc said.

HALEY RYAN/METRO IN HALIFAX

Daredevil divers take the plunge in Kosovo

Spectators watch as diver Sali Riza Grancina, winner of the competition, performs the winning jump from the Ura e Shenjte bridge during the traditional annual high diving competition, near the town of Gjakova, 100 kilometres south of Kosovo's capital Pristina on Sunday. A total of 27 divers from Kosovo competed, diving from the 22-metre-high bridge into the Drini i Bardhe River. VISAR KRYEZIU/THE ASSOCIATED PRESS

Calgary man takes road less travelled to pay down debts

No fixed address. The self-styled urban nomad's life in an RV trailer is chronicled at geoffreywestlock.blogspot.com

JESSICA PATTERSON
toronto@metronews.ca

Geoffrey Westlock and 'Wanda,' his home-on-wheels that's helping him climb his way out of debt.
JESSICA PATTERSON/FOR METRO

Faced with mounting personal debt, Geoffrey Westlock came up with a drastic solution. He decided to go NFA — no fixed address.

The 43-year-old has been living in an RV trailer in Calgary since May, in a deliberate effort to pay down $15,000 in debt he'd amassed since graduating from film school in 2010.

Westlock now parks his truck and trailer in big-box store lots around the city, and calls himself an "urban nomad." It's more economical than renting a room, or leasing a townhouse, he said, as his fixed expenses amount only to a phone bill, a truck payment, and $122 every two weeks for the trailer.

"It frees up a massive amount of cash to pay down my debts," Westlock said.

Originally from Vancouver, Westlock moved to Edmonton in 1997 before heading to Red Deer in 2008 to enrol in film school. He graduated in 2010 with a BA in Motion Picture Studies and $15,000 in credit-card debt.

He hatched the urban nomad plan as a solution to his debt. "If I drastically reduced my lifestyle for a very short period of time, I could get through this," he said.

His plan is to keep it up until he pays off the debt, which he expects to accomplish by next summer.

Westlock plans to move to Toronto after that, to work in the film industry.

Westlock said he makes use of truck stops and big-box store parking lots to park his truck and trailer. He said he was kicked out of a Costco parking lot one night, but on the whole hasn't had much trouble in other locations.

Quoted

"Near the end of my BA, I ran out of money and was living on credit cards the last couple of months. The bills piled up and before I knew it, I ended up maxing out my credit cards to the tune of $15,000."

"Urban Nomad" Geoffrey Westlock

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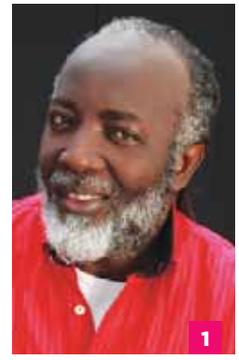
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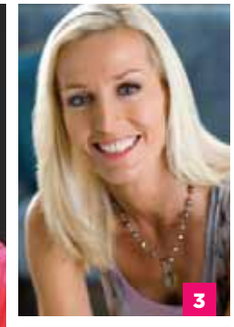
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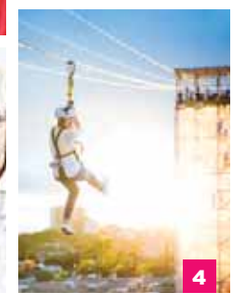
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Tsunami disaster 2011. Japanese fishing boat, swept away, finds new life

A Japanese fishing vessel believed to have been cast adrift in the 2011 tsunami disaster will soon find a new life as a tour boat exploring British Columbia's shores.

The eight-metre-long craft was discovered in March 2013 washed ashore near Klemtu, on B.C.'s North Coast, and has since been repaired for launch into the tourism industry this month.

Tim McGrady, the general manager of Spirit Bear Adventures, said they will use the vessel on tours of the Great Bear Rainforest, about 700 kilometres northwest of Vancouver.

The boat, which has been renamed Japanese Drifter, was found with kanji markings and an intact engine, leading salvagers to believe it was washed away during the devastating earthquake and subsequent tsunami that killed as many as 19,000 people.

The disaster also triggered multiple meltdowns at the Fukushima nuclear power plant.

McGrady, 49, said it's probable the boat was swept away during the disaster because it's rare for vessels with intact engines to be cast adrift unless they are washed away by waves.

"It would be one thing if the boat was just found as an empty shell, but the boat was found with its engine on it," said McGrady. "It clearly was functioning at some point before it left the harbour."

McGrady said they were unsuccessful at finding the owner and realized it would be too expensive to return the boat even if they did find its rightful keeper.

He's still hopeful he'll be able to connect with the original owner and said he thinks the owner would be proud to know the boat has found a new life.

THE CANADIAN PRESS

Tim McGrady of Spirit Bear Adventures stands aboard an old fishing boat believed to have made the trip across the Pacific after the 2011 tsunami in this undated handout photo. SPIRIT BEAR ADVENTURES/THE CANADIAN PRESS

Vancouver

WWI memorial for Japanese-Canadians gets a facelift

Refurbishments are underway on a First World War cenotaph in Vancouver's Stanley Park honouring Japanese-Canadian soldiers — a memorial that stands as both a testament to their patriotism and a reminder of Canada's prejudiced past.

Many of those remembered by the monument were denied the right to enlist in British Columbia at the start of the war and had to travel to Alberta, where they joined up with regiments such as the Calgary Highlanders.

Dozens died while fighting in Europe, and shortly after the war ended, the limestone cenotaph was erected, etched with the names of the men who fought.

Prof. Tim Cook, a historian at the Canadian War Museum and an adjunct research professor at Carleton University, said Canadians of African and Asian ancestry, as well as First Nations, all faced discrimination.

Back in Vancouver, Linda Kawamoto Reid, chair of the Japanese Canadian War Memorial Committee, said her group will spend about $100,000 restoring the Stanley Park monument and its pagoda-like roof.

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A wounded Ukrainian woman receives medical treatment after shelling in Donetsk, Ukraine, Sunday. SERGEI GRITS/THE ASSOCIATED PRESS

Fighting rages in rebel-held Ukrainian city

'It's impossible to live in this city.' Donetsk resident says she has been sleeping in the basement for a week

Fighting raged Sunday in the city of Donetsk, Ukraine, as government forces continued to close in on the rebel stronghold and pro-Russian insurgents backed away from an unconditional ceasefire offer that they announced just the day before.

With a string of military successes and broad support for its campaign from the West and most of its domestic base, Kyiv has taken a hard line against the rebel forces and promised it will only relent when the separatists surrender. Donetsk remained a ghost town on Sunday, with few civilians daring to venture outside as explosions rang out every few minutes and burned-out buses and buildings smouldered from the night before.

In a statement Saturday, newly elected rebel leader Aleksandr Zakharchenko appeared to call for a ceasefire without stating any preconditions. But on Sunday, rebel spokeswoman Elena Nikitina repeated the rebels' earlier stance, saying talks on the conflict could only begin if the Ukrainian army withdrew from the region — something Kyiv is unlikely to do.

She also denounced the government as "incapable of negotiating."

Ukraine's National Security and Defence Council spokesman Andriy Lysenko said that the only way for the rebels in Donetsk to save their lives would be to "lay down their arms and give up." He said the Ukrainian side hadn't seen the rebels show any real willingness to co-operate.

"If white flags come up and they lay down their arms, nobody is going to shoot at them," he said. "(But) we have not seen any practical steps yet, just a statement."

Lysenko added that the Ukrainian military's recent successes in encircling Donetsk had bred "panic and chaos in the ranks of the rebels," and said the Kyiv government had information about rebels "deserting their posts en masse."

Conditions were clearly deteriorating in Donetsk, the largest rebel stronghold in eastern Ukraine. Reporters heard 25 loud explosions in as many minutes around noon. According to city council spokesman Maxim Rovinsky, at least one person was killed and 10 injured in shelling overnight, as more than 10 residential buildings, a hospital and a shop were heavily damaged in the fighting.

Rovinsky said that he believed 100,000 people had left the city of one million in the past week alone — adding to the 300,000 who were already estimated to have fled. He said at least 10,000 people were without electricity, and that the local government was working hard to preserve access to gas, electricity and phone service, and "avoid a humanitarian crisis." More than 1,300 people have died in the conflict since April, according to a UN estimate.

"This is a real war! It's impossible to live in this city. I've been sleeping in the basement for the past week," said Inna Drobyshevskaya, a 48-year-old lawyer in Donetsk.

"We don't want Novorossiya (New Russia) for this price," she added, referring to a term used by rebels to describe the parts of eastern Ukraine seeking independence from the government in Kyiv.

Rebel leader Zakharchenko's apparent call for a ceasefire Saturday was met with support from Russia, where Foreign Minister Sergey Lavrov was quoted by news agency ITAR TASS as saying a truce was "not only possible, but necessary."

THE ASSOCIATED PRESS

Is Twitter the next Facebook? Uh, no

HOW TO ROLL
Alison Griffiths
metronews.ca

Investors are all atwitter about tweeting. Since Twitter Inc.'s December peak at $73.73 US, and subsequent fall from grace to just over $30 in May, investor forums — often rather sleepy in August — have been buzzing about whether the social-media and micro-blogging company is a buy, sell, hold or short-sale prospect.

It was only weeks ago when the majority of analysts were bearish on the stock. But, after the 20 per cent surge in late July to close at $46.47, things are starting to change. First came the report that second-quarter revenue jumped 124 per cent. Then up popped the news/rumours/leaks that Twitter is moving into e-commerce.

But not everyone is piling on the Twitter bandwagon.

According to TheFlyOnTheWall.com, there were four sell, 20 hold and 15 buy ratings on the stock a week ago. The consensus among analysts is hold with a price target of just over $50.

That means most believe there is some upside to the stock but that no one should be betting the farm on it.

Despite the e-commerce hints, there are still concerns that Twitter may continue to be a creature of big events such as World Cup soccer and unable to sustain a steady growth in ad revenue in between.

Certainly big events power Twitter. There were more than 580,000 tweets per minute during the World Cup match between Germany and Brazil. But global market research firm International Data Corporation (IDC) doubts big-event highs will translate into growth.

"I would expect that at least two-thirds of World Cup Twitterers will stop using the platform again over the next six months," the head of IDC's consumer research, told MarketWatch.com.

Twitter's biggest misstep has been to throw down the gauntlet to Facebook. CEO Dick Costolo said he intends to build the largest social-media audience in the world. But that's just silly posturing.

In order to grab a bigger share of the ad revenue all these companies so desperately need, Twitter should focus on what it can do uniquely. The more it tries to beat Facebook at its own game, the more investors should be wary.

Immigration laws send tech workers to Silicon Valley North

Hootsuite's main headquarter offices located in Vancouver, B.C., are seen in this undated handout photo. Software engineer Pablo Guana nearly refused a job with Facebook when the company redirected him to Vancouver from Silicon Valley because his United States visa application was rejected. The struggle to obtain entry for employment epitomizes how stalled immigration reforms in the United States, along with several other factors, may be galvanizing Vancouver's tech sector into becoming Silicon Valley North. Facebook said the employment of up to 150 staff in Vancouver from around the world is only short-term, and points to the obstructive U.S. immigration system that "makes it difficult, and sometimes impossible," to bring talented engineers to its Menlo Park headquarters, south of San Francisco. HOOTSUITE/HANDOUT/THE CANADIAN PRESS

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MAYORAL DEBATES NEED PERSPECTIVE

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

As of this writing, there are at least 40 mayoral debates scheduled before Toronto's municipal election day on Oct. 27.

Forty. Four-zero. In non-mathematical terms: That's a hell of a lot.

But, hey, I've got nothing against debates. At their best, they're valuable because they let voters see their potential mayors talk about the issues in a setting that isn't a tightly controlled campaign event.

The problem is that the debates involving the Toronto mayoral candidates thus far haven't really done that. Through no real fault of the organizers, all the debates have been basically the same, with the five leading candidates stubbornly sticking to narrow debate strategy and talking points. It's making for a lot of repetition.

Here's how they normally go. Karen Stintz tries to awkwardly endear herself to the crowd. David Soknacki rattles off detailed policy his opponents seem to ignore. John Tory pivots on as many questions as he can to talk about his SmartTrack plan. And Olivia Chow mines her backstory, forever reassuring us that she does know the value of a dollar.

And Rob Ford? Well, he does his Rob Ford stuff.

It's a format that needs to be livened up, especially with so many debates remaining.

But how to do that? I think I found part of the answer last week on the Danforth, at an event held by longshot mayoral candidate Ari Goldkind. Goldkind, a criminal defence lawyer, is running a firebrand campaign, pushing controversial policies such as police budget reforms and the return of vehicle registration tax.

At his event, held in a little place called Motorama, Goldkind turned his attention to an issue that doesn't get much play: Accessibility. With the room full of people — some with canes, some with wheelchairs and some with guide dogs — Goldkind challenged his sign language interpreter to keep up as he talked about why accessibility matters and the things the city needs to do for those with disabilities.

It was unlike any campaign event I've seen so far — a different perspective on city politics. And, I think, a valuable one.

So to help solve our problem of dull debates, why not bring perspectives such as Goldkind's to the debate stage? I know there's a great reluctance to further crowd the mayoral field, but let's not shortchange the value of putting someone on the debate stage that will talk about new and different issues — and, more importantly, someone who will push the leading candidates to talk about those issues too.

Last week, Goldkind demonstrated that he might be just the candidate to do that. With many debates to come and the format already feeling tired, he deserves a chance to show us what he'd add. Let's give him a shot.

KEEPING THE 'Z' IN ... ZONKEY?

A hybrid of a zebra and a donkey stands at the Taigan zoo park outside Simferopol in Crimea on Aug. 5.
YURI LASHOV/AFP/GETTY IMAGES

Crossbreeding in Crimea: When a zebra 'befriends' a donkey

A Crimean zoo has welcomed into its collection a "zebroid" or "zonkey" after a zebra gave birth following befriending a donkey.

Named Telegraph by the keepers at the Taigan zoo park, his head and body resemble that of a donkey and are a solid beige colour, with his legs marked by black zebra stripes.

Born last week, "Telegraph is very popular with visitors," who can watch him romping around with his mother, said director of the Crimean zoo, Oleg Zubkov. GETTY IMAGES

Frowned upon

- Crosses between zebras and other members of the equine family are not unheard of, although it is more unusual that the zebra is the mother.
- However, allowing such breeding to occur is frowned upon in the zoo community.

METRO AUGMENTED REALITY

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Dollars in drawers in Detroit ...
Woman, 78, busted with $41,000 in cash in girdle, bra, bag at airport

A 78-year-old Florida woman tried to fly on an international trip to the Philippines from Detroit Metropolitan Airport with almost $41,000 in cash hidden inside her girdle, bra and carry-on bag, federal authorities said.

A complaint filed Friday in U.S. District Court in Detroit said the Clearwater woman was trying to board a flight April 2 to the Philippines with her daughter. She initially said she had $200 in cash but submitted a form declaring she had $1,200, prompting questions.

The woman told authorities that she had recently sold her home for $120,000, wired some money to the Philippines and had planned to carry a portion of the money with her.

$21K in girdle

During a search, Customs and Border Protection officers found $8,000 in wallets in her carry-on bag, $4,000 sewn into a cloth pouch and nearly $1,000 in envelopes, according to the complaint. She then told them she had $3,000 in her blouse and $2,000 sewn into the strap of her bra. Officers continued to search and said they found about $21,000 in her girdle.

"She stated that she did not wire the proceeds to the Philippines this time because she thought it was safer to carry the money," according to the complaint.

Federal law requires travellers to declare if they are carrying more than $10,000. The woman hasn't been charged, but the government in the forfeiture complaint said it wants to keep the money. The Detroit News reported details of the request Friday.

Federal court records don't list a lawyer for the woman. The Associated Press left a message Saturday seeking comment from her at a telephone listing in Florida.

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Even in hair and leather, Sinead is still in charge

Not bossy. Singer defends sexy cover photo on new album that features honest and direct lyrics

PAT HEALY
Metro in Boston

Surprisingly, Sinead O'Connor agreed to pose in a leather dress and wig to promote her new album. Unsurprisingly, it became the cover. DONAL MOLONEY

AUGMENTED REALITY

→ Scan this photo with your Metro News app to watch the video for Take Me to Church, the first single from Sinead O'Connor's new album.

→ See the full instructions on Metro's Voices page.

Sinead O'Connor is no stranger to controversy, including a recent spat with Miley Cyrus after the younger singer reacted unfavourably to her letter about the evils of the music industry. She cautioned Cyrus about using sexuality to sell music, so it was surprising when O'Connor's new album, I'm Not Bossy, I'm the Boss (out on Aug. 12), arrived and she is looking sexy herself in a leather dress and an actual hairdo.

With the new album, I hear a bit of the honesty and direct lyrical style that was present in your breakthrough album more than your recent work.
To some extent, I've changed the platform from which I write. When I was younger, before I made (the 2002 album) Sean-Nos-Nua and the Rasta record (2005's Throw Down Your Arms) and into (2007's) Theology, I wrote from a different platform. I was a young person who had a lot to get off her chest. I wrote from a much more personal point of view in those days.

But since then, I guess I closed the chapter, very much beginning with the last album (2012's How About I Be Me (and You be You)). I'm inclined to write characters, mostly. So they're not necessarily autobiographical. In fact, for the larger part, they're not at all.

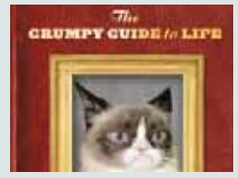
A line on the song Eight Good Reasons goes, "I love to make music but my head got wrecked by the business." This feels like a theme.
It's kind of about how, for a lot of musicians, you get into music for the sake of making music, and you only spend about 4 or 5 per cent of your time making music. The business end of music is very ugly. It's very much pimps and hos, and we're the hos, and that can be demeaning.

There's a line in the song James Brown where you say, "I know I look like a wooden chair," which is definitely not the case on this album cover.
Well, thank you. I'm going to take that as a compliment. But I look even better without the hair. If I had that dress on and I had no hair, I'd look way better. It's just I knew if I slapped on hair, everybody would talk about it, and it worked.

Talk to me about the promo photos in relation to the pimps and hos theory and the notion of sex appeal.
It's very interesting to me that people say "sex appeal," and I'm having a ball with it, and I think it's based on the fact that I have hair. Because I'm dressed, certainly on the album cover, I'm dressed from head to toe.

I think the leather dress probably helps, too.
Yeah, well, you know, that's something I'd wear in my own life or going out or whatever ... It just so happens that I had my picture taken. It wasn't supposed to be the album cover. I decided that.

Ebooks



The Grumpy Guide To Life

By. Grumpy Cat

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

"Never lead," advises Grumpy Cat in this book of self-woe, "always follow. It's easier to trip someone from behind." Filled with captioned cat photos, this guide to nurturing your inner grump deconstructs themes of love, nature, family, career and friendship. It's a silly, sometimes witty, collection of gags.

Online star power

YouTube stars top Hollywood

PewDiePie

The average U.S. teen is more likely to swoon over PewDiePie than Jennifer Lawrence. In a survey for Variety, the teens were asked to rank 20 celebrities. YouTube stars took the top five spots: Smosh, the two-man comedy team, followed by The Fine Brothers, Swedish video gamer PewDiePie, British YouTuber KSI and U.S. celebrity Ryan Higa. AFP

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Twitter

@Renner4Real
Well... I finally joined social media. Need a drink. Warming up for my first post? #whore #letsdothis

@rickygervais
Just spent an hour making an elephant mask for a charity. Rubbish. If your child did it you'd have to say " that's not going on any fridge"

@lenadunham
My mom just called after midnight and earnestly wished for "an app that would help with talking to drunk people at parties."

Younger Downey hit with drug charges

Indio Downey, son of Iron Man star Robert Downey Jr., has been officially charged with felony drug possession following his arrest in June, according to TMZ. Cops stopped a car in which Indio was riding after spotting the 20-year-old brandishing drug paraphernalia. A subsequent search turned up cocaine on his person. Indio has previously sought help for addiction to pain medication.

Is that a mic wire in Elba's pants, or is the Internet just a little too excited?

The Internet went into a frenzy recently when photos of Idris Elba on the set of his new movie seemed to point to a certain astonishing anatomical aspect of the Luther and Thor star. Sleuths insisted the images prove Elba is both ridiculously well-endowed and a member of John Hamm's anti-underwear club. But apparently it was all too good — or big — to be true, as Elba himself took to Twitter to clear things up. "The good news is I got a s—load of followers," he tweeted. "The bad news is that is a mic wire." But what a lucky mic wire, right?

Idris Elba

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Director makes waves with Aquaman defence

NED EHRBAR
Metro in Hollywood

A couple of radio hosts in Detroit were talking trash about Aquaman last week, so Batman V Superman: Dawn of Justice director Zack Snyder decided to call in and defend him — proving once more that Aquaman can't defend himself and has no business in the Justice League. I kid! I kid! But seriously, folks, Snyder — who is in Detroit to film the superhero flick that clearly isn't taking up that much of his time — wanted to make it clear that Aquaman would be totally awesome in the movie should he end up in the movie, but Snyder isn't saying he'll be in the movie. (He'll be in the movie.) "I don't want to give anything away about the movie, but Aquaman has some cool abilities," Snyder said. "(He) could cut the flesh of Superman if they came in contact ... It's not to say that he's in the movie or anything like that, but he has the potential to be bad-ass." This does seem like a great way to get Snyder to spill more about the 2016 film than he was planning. Quick, someone with a radio show say something mean about Robin!

David Arquette toasts being true to himself

This does not bode well. One-time sober person and all-the-time good-time-party-guy David Arquette is not hiding the fact that he's been getting hammered lately, despite having a four-month-old baby at home. "I'm not sober. It's very hard (to work in the nightlife field and stay sober). That's probably why I'm not sober," he recently told Rumor Fix. That "probably" is a nice touch, suggesting more inquiry into the subject is called for. That working in nightlife bit? Oh, Arquette is part-owner of a couple of alliterative Hollywood hotspots called Bootsy Bellows and Hooray Henry's. He'd previously been sober for more than two years before giving that up because, as he told Howard Stern at the time, "I wasn't being true to myself, like what I enjoy and this and that." To thine own self and this and that, Mr. Arquette.

David Arquette

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Divorce wars are for losers

Negotiate or litigate?

Nobody wins in costly court battles, so work out a deal on your own and move on with life

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Once you've decided to split from your spouse, why prolong the agony with long divorce proceedings? STOCK

Trying to get a divorce? Wondering why it's taking so long and costing so much?

Family courts are backlogged because we've been conditioned to believe the divorce process has to be both litigious and expensive. But it doesn't have to be either.

If we applied some common sense — putting the beginning of our next chapter ahead of the retaliation we feel for ending the last chapter — it could be a much smoother process.

The Ontario government knows marriage dissolution is a mess. It's looking for ways to encourage people to talk it out rationally and stay out of court. That'll keep more money in people's pockets.

Darren Gingras, president of The Common Sense Divorce (with which I am affiliated) says, "In my work as an independent financial broker, it wasn't uncommon to encounter clients who had just come through a divorce process. Most of the time, my clients found themselves emotionally distraught, financially devastated and with their credit destroyed."

There's got to be a better way. It seems the trick is to recognize from the get-go that divorce is going to suck, that how much you contribute to the brouhaha will dictate how much it costs, and there are alternatives: mediation and collaborative divorces are the smarter way to go.

Nobody gets married thinking the relationship will end in divorce. Even as I was marrying my third husband and my lawyer was shouting "pre-nup, Pre-nup, PRE-NUP!" I thought it would be my forever relationship.

When the crap does hit the fan, angry partners are inevitably given incorrect information or unrealistic expectations by well-meaning friends and family. That's only one of the dumb mistakes divorcing people make. If you or your friends have no idea of the options available and assume incorrectly that you're in for a battle royale with long, drawn-out court appearances and expensive litigation, how will you pay for it all?

Money. Yup, it's the fighting over who will get how much, not the legalities of a divorce process, that causes costs and emotions to run high. The average price of a contested divorce in Ontario is $15,800 per person. The average price of a contested divorce that goes to court is $23,900, taking anywhere from one to three years to finalize.

So it's time to stir some common sense into the mix. It's time to set aside animosity, irrational behaviour, and unfettered escalating costs, and remember the point is to get out of the last chapter with dignity and enough money to start the next.

Don't think you'll get out of your marriage with a bill for $4.95. But you can keep more of your family's money in each of your pockets if you show a willingness to discuss and negotiate.

And if you find the right team to help you navigate the rocky shores of the divorce process, you're more likely to sail into safe harbour.

The very idea of divorce can be so scary that people stay put rather than deal with the perceived complications.

Darren Gingras says his phone rings off the hook after major holidays and long weekends when people finally face up to the need to make a change in their lives. They've had enough and denial won't work anymore.

Wouldn't it be nice to have someone who knows what's going to happen next explain each step along the way?

You can have that. And you can have a team of experts that knows the ins and outs of what you have to consider as you make your decisions. (You do know that family lawyers don't know squat about money management, right?)

And you'll have someone to remind you that divorce isn't about winning — something a lot of people duking it out in court have forgotten.

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Doing the workplace watusi

From dance floor to desk. Pro dancer Derek Hough teaches us how to get the best out of all our partners

LAKSHMI GANDHI
Metro World News

Derek Hough performs at the 2014 Young Hollywood Awards in July. GETTY IMAGES

Over the course of 13 seasons on Dancing With The Stars, ballroom dancer Derek Hough has been paired with celebrities as varied as former talk show host Ricki Lake, country singer Kellie Pickler and Olympian Shawn Johnson.

This week, Hough releases his book Taking the Lead: Lessons from a Life in Motion, in which he delves into what it takes to transform a celebrity into a dancer and how to take what can be scathing criticism on live television.

Hough — who just completed his Move Live tour co-starring his sister Julianne — took some time to share a few of those lessons with us.

You will never be 100-per-cent ready

Wondering if it's time to make your next move? Don't wait until you are "ready," says Hough. "It's trial by fire," he says. "You're never 100-per-cent ready. That's something I learned growing up in England while being trained by dancers Shirley and Corky Ballas. For me, with my personality, I'm such a perfectionist that I didn't want to go out on the dance floor until I was ready.

"If it was up to me, I would have stopped myself," he continues. "But Shirley just taught me to get out there and just do it."

Make an effort to get to know your partner — including co-workers

"Each partner is so different, but that's what makes it exciting," says Hough. "It's all about adapting, it's about figuring out what are their strengths and weaknesses."

Work to bring out the best in your partner

Being a cast member on Dancing with the Stars means that you are one part professional ballroom dancer and one part life coach/therapist/chief motivator.

"One of my favourite parts is working with celebrities and really trying to figure out what that fear is and seeing their eyes light up when they get past it."

Be calm before your big moment

- "I tried to do this thing with (Paralympic snowboarder) Amy Purdy where we would just be talking about gratitude," he says about the ritual he developed with his partner last season. "We'd just be naming things we were grateful for like, 'I'm grateful for my family,' 'I'm grateful for my friends.' For Amy it would be 'I'm grateful for this dress I'm wearing.' And then all of the anxiety goes away and you are just feeling good."

Embrace the new face

"Each partner is so different, but that's what makes it exciting. It's all about adapting, it's about figuring out what are their strengths."
Derek Hough

Sometimes you just have to learn as you go along

Longtime DWTS fans may be surprised to learn that Hough had never really choreographed professional routines before joining the cast. "I wasn't a teacher, I wasn't a choreographer. I was really faking it 'til I made it."

Criticism isn't personal

One of the hardest parts about performing on a show like DWTS is receiving criticism from the judges on live television just moments after a performance. "Truthfully, early on I got really nervous," Hough recalls. "If it wasn't good, it was my fault, it had nothing to do with my partner."

He notes that his approach to the judges' comments has evolved over the years.

"Now it's more like, 'Am I happy with my performance?' If I feel like (my partner) did a really good job, I kind of take (the judges' comments) with a grain of salt. If it's negative and I agree, I always say so."

Two heads are better than one

Growing up on the competitive ballroom circuit, Hough sometimes found himself in direct competition with his sister Julianne and his best friend (and fellow DWTS cast member) Mark Ballas.

"It was interesting, growing up and competing against each other," Hough says now. "Competing on Dancing with the Stars is completely different. Now it's more, 'Hey, what do you think of this?' and 'Hey, can you come look at this?' It's much more collaborative now."

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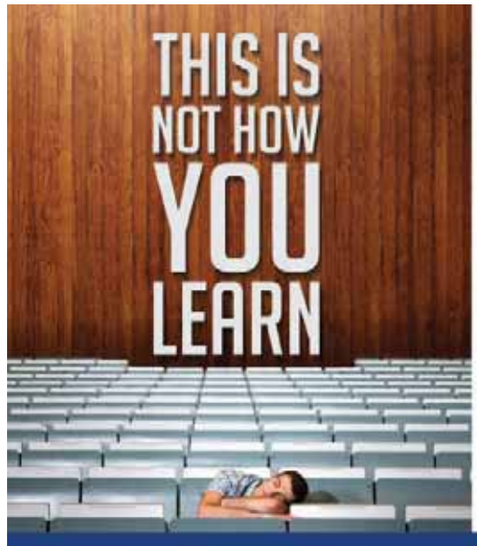

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Lessons from the desert

Find new freedom by daring to be unreasonable

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

Life hands all of us opportunities, yet we perceive most of them as outside our comfort zone. A big project comes up and the standard response is, "No, this is not reasonable." As we age, these tentative tendencies gets worse as our risk tolerance decreases, and decision-making hovers between protecting ourselves and avoiding the sting of potential failure at the expense of taking on something new.

When I'm faced with that decision, I think of my running mentor Dr. Mehmet Danis, whose favourite expression is: "Be unreasonable."

The opportunity to do just that came in May when I was invited to join a bicycle race in the French Pyrenees in which we would ascend 10,000 feet three days in a row.

The Pro-Am event teams professional cyclists with seven amateurs; all must finish together.

My immediate response was obvious: lacking experience, not being bike fit, and being overweight, I would slow everyone down and be riddled with guilt if I accepted. And even if I thought I could do it, I didn't have enough time to get ready.

I had so many reasons to say no. But then Dr. Mehmet's words came to mind. "Be unreasonable," I thought.

Take a walk on the wild side

I had so many reasons to say no. But then Dr. Mehmet's words came to mind. 'Be unreasonable,' I thought.

Ten weeks later, on the eve of the race, I'm 20 pounds lighter and fitter than I thought was possible within that time frame, albeit filled with anxiety about what lies ahead. My life is forever changed: new habits, friendships, a love for a sport I never knew existed and an incredible experience I will remember forever.

Reasonableness is a standard against which we make most decisions. It typically yields a predictable outcome: Playing the game of life not to lose. Being unreasonable opens up the option of playing to win while expanding our comfort zones to include new possibilities.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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A new era of etiquette is upon us

From Post to present.
A family business built on a foundation of good form

LAKSHMI GANDHI
Metro World News

Emily Post made a name for herself in the early 1900s as a world-renowned expert on etiquette and manners, advising readers on everything from making polite conversation to the right way to host an afternoon tea. Several generations later, her descendants are continuing her legacy with a 21st century twist — by advising people on life in the digital age.

The family recently released the third edition of their book Emily Post's The Etiquette Advantage in Business.

While it's been less than a decade since the last book was released, the Posts say that because the business world has changed so rapidly in recent years, it can be tough to navigate it all.

Lizzie Post, great-great-granddaughter of Emily Post, is providing Ps-and-Qs training to today's professionals. CONTRIBUTED

"It's kind of unbelievable the leaps and bounds we have made in just the last few years and how much digital usage has increased," says Lizzie Post, Emily's great-great-granddaughter. We asked Post for her take on several modern social media dilemmas many of us face in the workplace.

To friend or not to friend?
When it comes to Facebook, think hard about whether you want to add your co-workers. "While typically most of us have always bonded with our co-workers, it's really different today," Lizzie Post points out.

"Previously, it was very controlled in what you allowed your co-workers to see (in your life outside of work). But now you are not just letting them see your photos, you are also letting them see the conversations you are having with other people."

Post notes that letting someone into your personal online space is a private decision and reminds everyone that they are in charge of the process.

"You have to decide what works for you," says Post. "You can always tell a co-worker, 'I had to make a decision and I decided not to mix my work and personal lives.'"

Should you accept that LinkedIn request?
With the popularity of LinkedIn, it's common to get all sorts of connection requests from everyone from elementary school friends to your neighbours.

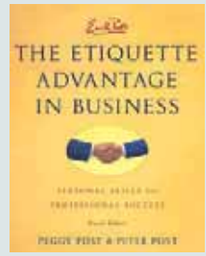
"I don't respond to people on LinkedIn that I don't know well or that I haven't worked with closely," says Post of her own personal policy. "For people like high school friends, unless I know your work, I decline the request."

What if you really don't want to write that LinkedIn recommendation?
"I don't recommend friends," says Post. "It's one thing to be friends with you, but that doesn't mean that I know how you work. With endorsements, it's a bit different. If I have seen your blog and have read your book, then I feel like I can do it." Post says to remember that saying no is always an option.

Success on the screen

Ask yourself what impression you are making online:

- "Google yourself," suggests Post, to see what others see when they search for you. Are there public posts of you drinking or partying? Post says you may want to erase those, but that it's ultimately up to you to decide what's important to you. "Are you going to let your career dictate your online persona or are you the type of person that is going to say, 'No, this is who I am and I am going to find a position where this isn't going to matter?'" Post asks.



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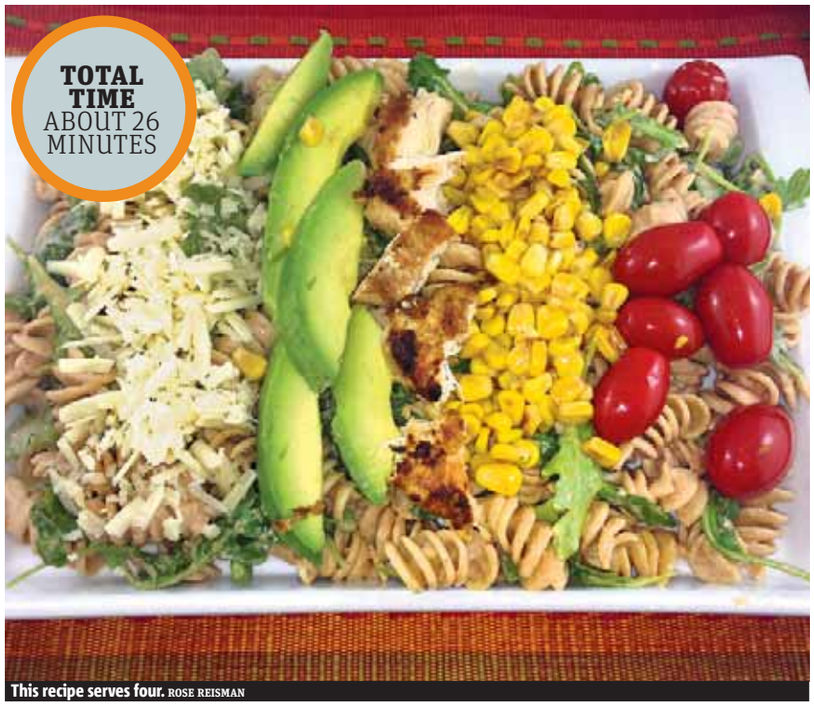

This recipe serves four. ROSE REISMAN

Elevate a yummy Cobb on a bed of arugula and whole wheat pasta

Pack a picnic. All this week Metro looks at recipes with a fresh take on packable classics for eating out-of-doors or at your desk

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Planning a picnic but tired of the standard fare? Reimagine the classic pasta salad with a California Cobb twist. This healthy dish includes all the elements of a Cobb salad including tomatoes, corn, avocado, chicken and cheese, but with the addition of whole wheat pasta and a delicious simple Russian dressing.

It's easy to pack either as a plated dish or assemble right before you eat. Always keep the hot weather and proper cooling in mind when packing your food for outdoor eating. Keep perishable items such as the chicken, cheese and dressing on ice and don't leave the pasta salad out for more than two hours.

There's loads of nutrition in this one-dish meal. The whole wheat pasta gives you an extra boost of fibre — close to double that of white pasta. Arugula boasts eight times the calcium, five times the amount of vitamin A, vitamin C and vitamin K, and four times the iron of iceberg lettuce. Avocado contains folic acid and vitamin B6, which is associated with a lower risk of heart disease.

All in all, a healthy and incredibly delicious salad!

Ingredients

Salad
- 8 oz whole wheat Catelli rotini
- 1 1/2 cups arugula
- 1 cup canned or frozen corn niblets
- 1 cup grape tomatoes
- 4 oz cooked chicken breast
- 1/2 cup sliced avocado
- 2 oz grated white cheddar cheese

Dressing
- 2 tbsp mayonnaise
- 3 tbsp low-fat sour cream
- 2 tbsp Heinz sweet chili sauce or ketchup
- 2 tbsp water

Directions

1. Cook pasta until just firm to the bite, approximately 8 minutes. Drain well and rinse with cold water. Place on a large oval dish. Add arugula and mix.

2. Combine ingredients for dressing and mix into pasta.

3. In a small skillet sprayed with vegetable oil, add corn and tomatoes and sauté on a high heat just until both vegetables begins to brown, about three minutes.

4. Place corn, tomatoes, chicken, avocado and shredded cheese over top in separate rows to create the classic Cobb look.

SOURCE: THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY: ROSE REISMAN

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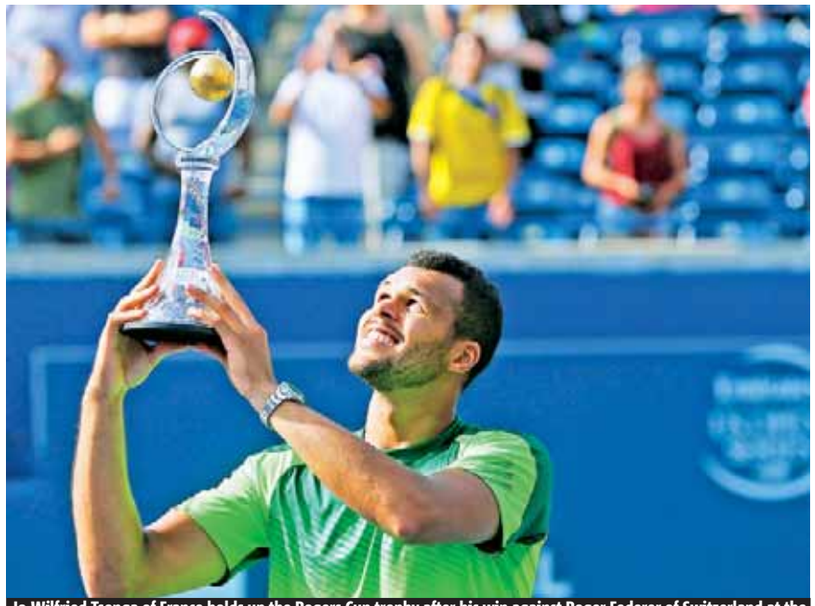
Not even Federer could match Tsonga

Favourite demolisher.
Frenchman beats four straight top-10 players to win his first ATP title of the season



Jo-Wilfried Tsonga of France holds up the Rogers Cup trophy after his win against Roger Federer of Switzerland at the Rogers Cup final at Rexall Centre at York University in Toronto on Sunday. RONALD MARTINEZ/GETTY IMAGES

As a No. 13 seed, Jo-Wilfried Tsonga had a punishing draw at the Rogers Cup.

He didn't have big expectations entering the tournament but proceeded to take down some of the biggest names in tennis en route to the final.

Once he got there, the man who is arguably the greatest player in the sport's history became his latest victim.

Tsonga relied on his powerful serve and strong baseline game in a 7-5, 7-6 (3) victory over second-seeded Roger Federer at Rexall Centre on Sunday. The Frenchman took advantage of a rare off-day from the Swiss great and capitalized on his chances.

"I'm working hard, my motivation came back," said Tsonga, who has battled knee problems over the last two years. "I want to win, I want to play my best tennis on the court. And it happened today."

It was his fourth straight victory over a top-10 opponent. He upset top-seeded Novak Djokovic in the third round, eighth-seeded Andy Murray in the quarter-final and seventh-seeded Grigor Dimitrov in the semifinal.

Tsonga earned $598,900 US for winning the $3.78-million tournament while Federer received $293,650 as the finalist. It was Tsonga's second career Masters 1000 Series win and his first victory at this event.

He took out three members of the so-called Big Four this week. The other, 2013 champion Rafael Nadal, withdrew due to injury.

"I think for me it's going to be a new motivation because just last year I always lost against those guys and it was really frustrating for me," he said. "Then today a win against (Federer), it's good for me, it's good for my ambition and it's good for my career."

THE CANADIAN PRESS

Defeated

"I just couldn't create enough opportunities. So I think he deserved to win at the end of the day."
Roger Federer

In Montreal

Agnieszka Radwanska was the best, most consistent player all week, and that's what made her the women's Rogers Cup champion.
The third-seeded Radwanska, the first Rogers Cup champion from Poland, defeated Venus Williams 6-4, 6-2 to pick up her first tournament win of the year at the hardcourt event and the $441,000 winner's prize.

After fatal hit

Stewart pulls out of Watkins Glen

Tony Stewart pulled out of the NASCAR race at Watkins Glen Sunday, 12 hours after the three-time champion struck and killed a sprint car driver who had climbed from his car and was on the darkened dirt track trying to confront Stewart during a race in upstate New York.

Greg Zipadelli, competition director for Stewart-Haas Racing, said at a news conference that Stewart "feels strongly" about not competing Sunday following the death of Kevin Ward, Jr. The decision was an about-face for the organization, which initially said Stewart would line up at Watkins Glen. THE ASSOCIATED PRESS

PGA Championship

McIlroy wins at a soaked Valhalla

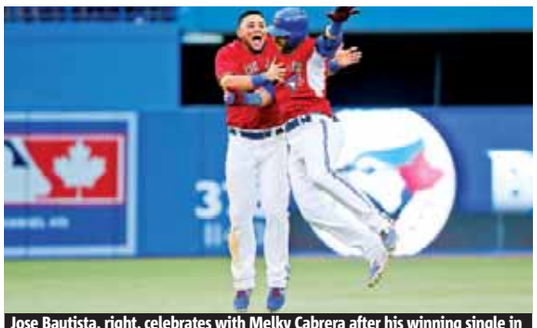
The challenge finally arrived for Rory McIlroy, and he was better than ever to win the PGA Championship.

On a back nine filled with as much tension as a major can provide, McIlroy emerged from a four-man battle with flawless golf to outlast Phil Mickelson and the darkness Sunday at Valhalla and capture his second straight major.

McIlroy closed with a 3-under 68 and became only the fourth player in the last century of golf to win four majors at 25 or younger. The others were Tiger Woods, Jack Nicklaus and Bobby Jones, three of the game's greatest players.

Boy Wonder appears on his way to belonging in that group. THE ASSOCIATED PRESS

Bautista ends historic 19-inning game



Jose Bautista, right, celebrates with Melky Cabrera after his winning single in the bottom of the 19th inning Sunday in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

Jose Bautista hit an opposite-field single in the bottom of the 19th inning to give the Blue Jays a 6-5 comeback win over the Detroit Tigers Sunday in the longest game in Toronto's club history.

Tigers starting pitcher Rick Porcello (13-7), in a relief role, intentionally walked Melky Cabrera to load the bases with none out to set the stage for the Blue Jays' second straight walk-off win over Detroit.

Munenori Kawasaki, who trotted in with the winning run as the ball bounced against the wall over a drawn-in outfield, started the inning with a single. He moved to third when Porcello fielded Jose Reyes' sacrifice bunt but threw the ball away.

The Jays trailed 5-0 in the fourth inning.

At six hours and 37 minutes — and 19 innings — it was the longest game in Blue Jays history.

The Blue Jays had several glorious chances to end it earlier. But Juan Francisco in the ninth and 15th innings, and Bautista in the 13th, failed to produce the winning run with the bases loaded.

The Blue Jays left 24 runners on base.

The Tigers, who loaded the bases with one out in the 16th but couldn't score, left 19 runners on.

Toronto (63-56) now hits the road for eight games over the next 10 days beginning Monday night in Seattle.

THE CANADIAN PRESS

Wiggins wants trade: College coach Self

Basketball. According to Kansas skipper, Vaughan phenom likes thought of being The Guy in Minnesota

Kansas Jayhawks coach Bill Self and Andrew Wiggins converse during a c college basketball game in March. JAMIE SQUIRE/GETTY IMAGES

No. 1 overall NBA draft pick Andrew Wiggins told Kansas coach Bill Self he wants to be traded from Cleveland to Minnesota because he believes it will be better for his long-term future.

Wiggins, from Vaughan, joined his former coach as a guest instructor at Self's basketball camp in suburban Kansas City on Sunday. And while Wiggins declined to speak to the few reporters at Shawnee Mission West High School, Self said the rookie wants to carve out his own legacy in the NBA.

"When all this trade stuff started, I talked to Andrew and Andrew told me, 'I hope I get traded,'" Self said. "And I'm like, 'No you don't.' And he said, 'Coach, I do. It's better for me, knowing my personality and what I need to do, to go somewhere where I'm forced to be something as opposed to going in there where they're going to be patient with me and I'm going to be a piece."

The Associated Press and several other outlets have reported a deal has been reached to send Wiggins, Brampton's Anthony Bennett and a first-round pick to Minnesota for all-star forward Kevin Love, who will join LeBron James and Kyrie Irving to form a new "Big 3" in Cleveland.

The deal cannot be consummated until Aug. 23, when Wiggins is eligible to be traded.

THE ASSOCIATED PRESS

Arsenal take seat from under City

Santi Cazorla, bottom, of Arsenal clashes with Gael Clichy of Manchester City during the Community Shield match between Manchester City and Arsenal at Wembley Stadium on Sunday in London. Arsenal prepared for the Premier League season with a comfortable 3-0 victory over Manchester City. DAVID ROGERS/GETTY IMAGES

In Brazil

Fan violence erupts in Sao Paulo

Fans carrying iron bars got into a heated confrontation before the match that marked Robinho's return to Santos in the Brazilian league on Sunday in Sao Paulo.

Nearly 100 fans clashed before the match at the Vila Belmiro Stadium, where third-place Corinthians won 1-0 to move closer to leader Cruzeiro. It was Robinho's first game since transferring back to Brazil on a one-year loan from AC Milan.

THE ASSOCIATED PRESS

NFL

Bills sign rookie corner Miller

The Buffalo Bills have signed cornerback Sam Miller.

The 22-year-old Miller is a rookie free agent out of Florida International. He had 33 tackles and two interceptions in nine games as a senior.

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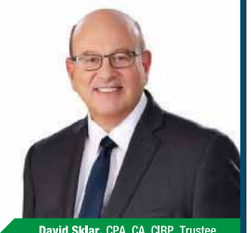
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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The planets are working in your favour at the moment, making it easy for you to resolve issues with partners and loved ones. Tell them how you feel — then just let it go.

♉ Taurus
April 21 - May 21
You do not enjoy having your private life made public and you will have to let someone know their big mouth is not appreciated. They'll get the message, if you say it with enough menace.

♊ Gemini
May 22 - June 21
If you start shouting back at people who raise their voices today you will be the loser. Calm yourself. There is nothing to be gained by getting worked up about trivial issues.

♋ Cancer
June 22 - July 23
A friend or family member needs your assistance. You know from your own experience how difficult it can be to ask for a helping hand, so make the first move.

♌ Leo
July 24 - Aug. 23
A small act of kindness now will pay large dividends later on. Do what you can to turn frowns into smiles.

♍ Virgo
Aug. 24 - Sept. 23
If you're attracted to someone you must let them know. Chances are they feel the same way about you.

♎ Libra
Sept. 24 - Oct. 23
You will find it easy to put your thoughts into words — and to deliver those words with considerable force. You are not in the mood to protect other people's feelings.

♏ Scorpio
Oct. 24 - Nov. 22
You must get something you promised you would finish out of the way before the end of the day. Once it is done you can turn to the things you want to do with a clear conscience.

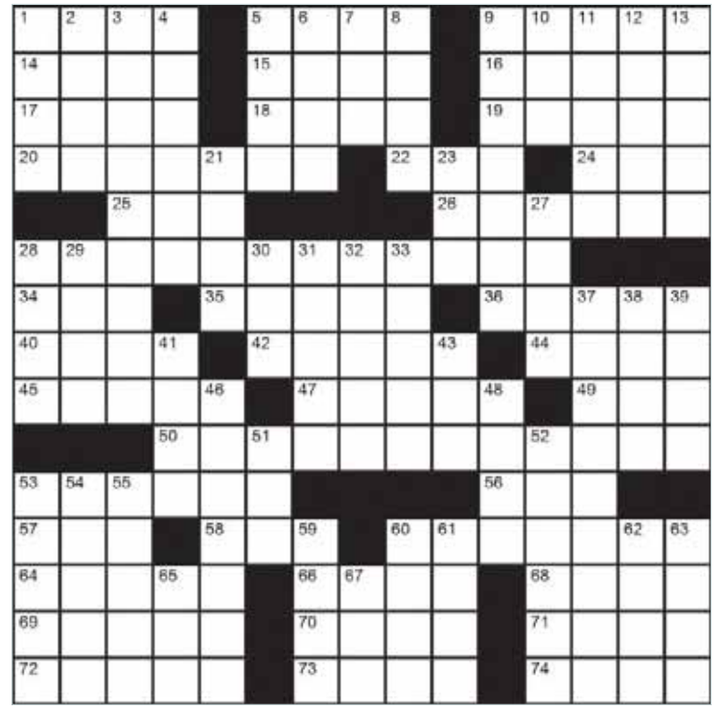
♐ Sagittarius
Nov. 23 - Dec. 21
More things will go right than go wrong over the next few days, so stop worrying, start smiling and make fun things happen.

♑ Capricorn
Dec. 22 - Jan. 20
You may not care what is going on in the wider world but you will have to wake up to the fact that outside events have a big impact on you. Try to be more outgoing this week.

♒ Aquarius
Jan. 21 - Feb. 19
Don't waste your time doing things you do not enjoy. What will be will be, so let fate take its course.

♓ Pisces
Feb. 20 - March 20
A dispute that has been going on for as long as you can remember is getting tedious, so make this the day when you switch off from it and do something more interesting.

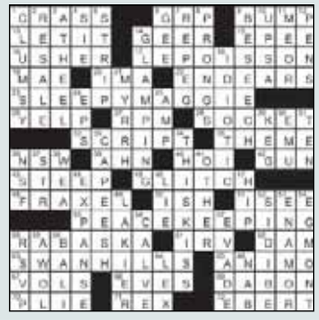
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Non-meat 'meat'
5. Nair competitor
9. Frank or Dweezil
14. Have __ '__' (Know 'somebody')
15. Writer Ms. Bronte (b.1820 - d.1849)
16. Alexis __ Plaza, in downtown Montreal
17. __ for the camera (Becomes a ham)
18. Ore deposit
19. Fittingly make do
20. Setting of Shakespeare's The Comedy of Errors
22. Me: French
24. German pronoun
25. __. number (Ring!)
26. Gothic cathedral city in France
28. Lunch-in-the-park sight: 2 wds.
34. Mr. Donner who sounded like Elvis
35. Bridal fabric
36. Cite
40. Giant of ancient Greek mythology
42. __ necklace
44. Additional
45. Premiere
47. Toronto football players, to fans
49. Aries animal
50. "Ain't it good / Ain't it right...": 1974 Andy Kim chart-topper: 3 wds.
53. Dapper
56. "Good stuff!"
57. She-poulet
58. Passports, e.g.
60. __ blanket (28-Across accessory)
64. Intense
66. Receptive
68. Sandwich sort
69. Ms. Channing
70. Laundry fuzz
71. "Give __ __ me straight."
72. Got __ (Sports foul reason)
73. Particular preposition
74. Requisite

Down
1. Domesticate
2. "Movin' __": "The Jeffersons" theme song: 2 wds.
3. 1999 Edward Norton/Brad Pitt flick: 2 wds.
4. Camouflaged
5. Pet __ (Pet products chain)
6. Adam and Eve's grandson
7. Halt
8. Be rife with
9. Moses __, Canadian media trailblazer
10. Boost
11. Chapter of sorts
12. __ __ the oven (Baking recipe instruction)
13. Gambling stakes
21. Cut
23. Nova Scotia's __ Island, in Mahone Bay
27. Newspaper piece
28. Egg on
29. 'Different' suffix
30. Trophy style
31. Stark
32. __ clock
33. Hockey great Mr. Savard
37. __ Alive (640-acre nature attraction in Winnipeg)
38. 'Fed' or 'Gen' ender
39. Winnipeg-born singer Mr. Shand
41. 'Board' a beach?
43. __ Z's (Sleep)
46. Alberta town southeast of Edmonton
48. Held with stitches
51. Ms. Charisse
52. Head, slang-style
53. "Love __" by The B-52's
54. Nutty pie
55. Habituate
59. Aria = __ song
60. Dapper dude
61. 1996 Celine Dion album: 'Falling __ You'
62. Puccini aria: "Vissi d'__"
63. 1970s fad, __ ring
65. Montreal Canadiens legend Mr. Blake
67. Jewellery piece

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1						4	
	8	3		1		6	5	
4			8		3			2
		2	4		6	7		
		5	7		2	9		
8			1		5			9
	5	1		4		2	7	
	9						1	

Friday's Sudoku

5	1	6	7	3	4	2	9	8
9	8	2	1	5	6	3	7	4
3	7	4	8	2	9	5	6	1
1	6	5	2	9	7	4	8	3
8	2	9	5	4	3	7	1	6
4	3	7	6	8	1	9	2	5
7	4	8	3	1	2	6	5	9
6	5	3	9	7	8	1	4	2
2	9	1	4	6	5	8	3	7

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